



The Carnelian Center Newsletter

The mission of the Carnelian Center is to provide the community with affordable holistic health care while

nurturing the individual through art, education and cultural integration. Our vision creates healing in a beautiful, peaceful setting with respect for the ecosystem and the preciousness of water.



IDEAS ON RELATIONSHIP

To share your life and heart with someone is one of the most meaningful things one can do. Of course that doesn't make love easy to find or a relationship smooth sailing. We would like love to be like an island we can come home to, a place of safety and sanctuary in a rough and turbulent world. We would like to be seen, loved, understood and respected but all too often that is not how we feel in our day-to-day life with our partner. Many people either can't seem to find someone to let into their lives or have had so many bad experiences that they decide being alone is a better choice.

I am not a counselor, psychologist or any kind of expert on relationship. Although I have been in a loving relationship for 22 years I struggle on a daily basis to find a place of balance. Do we fight and argue? Of course we do. Yet I still feel compelled to share my thoughts on this subject.

I do not think being in a relationship is by any means the only way to move through this life. No matter how we live it, life molds us. Our experience makes us who we are. We enter into a relationship with our individual history. Inevitably being in that relationship is like a soup or a grinding wheel and we come out the other end either more polished or more broken down, depending. Maybe we even take on a thicker shell. Being in a relationship will bring up things about ourselves we might have a hard time dealing with. How do we use that relationship as a tool to better ourselves? Of course we need to keep in mind we are not there to change the other person. We can only be responsible for our own work. No matter how great the love, we enter and leave this world as an individual with our own relationship to life.

It is easy to get lost in blame, but try to return to intention. Did that person leave their cloths on the floor to infuriate you or were they just tired and needed to go straight to bed? Inevitably our partner is not going to look at life in the same way we do. It is hard but important to remember that both viewpoints are valid. It is easy to get on a high horse about a subject. Cleanliness is a good example. If having a super tidy environment is important to you it is very hard to understand that someone else may need to have a little real life disorder to make them feel at ease. We all want some space to be the way we feel comfortable being.

Of course cleanliness might seem like not such a big moral deal compared to something like infidelity or drug use. It might seem like an extreme thing to say but, if you can have trust in your partner's good intentions, then you can see that someone might have strayed because they had a need that was not being met or the connection with another person simply swept them up, not because they are heartless. This is not to say that this type of issue is easy to get over or that it is not sometimes the beginning of the end.

Drug use or infidelity can be huge, insurmountable issues. They can bring up lots of threadbare feelings, but they bring us to the idea of honesty. There are as many ways to be a loving couple as there are couples but to all of them honesty is a huge issue. Honesty with ones self and ones partner makes or breaks a relationship. Learning how to communicate is key. Building trust as you face things in yourself and taking time to listen, even to things we disagree with is also important. Don't assume you know what they are going to say or how they feel. We are talking about hard, bare bones work here but also the forming of a deeper connection. Find a balance between allowing your vulnerability and being sure to stand up for yourself.

Of course one of the hardest and most vital things is owning up to your own shortcomings. Are you insanely jealous? Are you controlling, lazy, selfish, a total slob or a workaholic for the sake of avoiding feelings? Before you can start working on these things

you need to admit they are a problem then do the impossibly hard work of examining what is inside you that is behind your feelings. Then you can begin the slow process of trying to change.

Try to move beyond expectations of how your partner is going to behave in a given situation even if they have long-standing patterns. Give them space to change. It takes both of you to break patterns. Be loving, the ingredients being put into the mix are put there by both of you. Be genuine because, after all, the person your partner chose to be with was you, so they need to know who that really is. Be forgiving, it takes time but will ultimately cost you way less than you think.

A huge part of being loved is to know how to love yourself, so don't think you can get away with not working on your own self-image. On the other side of that spectrum, try to work on the tendency to be judgmental. Most people didn't get into a relationship so they could be judged and found lacking. When you feel you are not being respected think of how you can be more respectful. We are mirrors.

See each other as whole people. I often see people falling victim to the tendency to see the opposite sex through cultural stereotypes. I feel this tendency mars our ability to see who people really are and shows a huge disrespect for the complexities of individuals. Try not to badmouth your partner to others, keeping in mind that you may need someone to talk to. As we grow older our bodies change. It takes some discipline to not fall victim to the ideas of beauty portrayed in the media both when looking at our partner and our self. If you can get past this, you can appreciate the aging process and the depth of character that grows through the years. Many things are better with age.

Hopefully it goes without saying that sex—or the lack of it-- should not be used as a weapon in a relationship. We probably all know someone who uses sex as a reward, only given when their partner is 'behaving'. This is not to say that someone being loving or doing the dishes is not a turn-on. It is also important to remember that both partners' sexuality should be respected. This is not the place to play games with someone's heart or desires.

Beyond all the hard work, there is the super fun work. How can you deepen your friendship? What kinds of activities can you enjoy together? If there is something your partner loves to do but you find boring or a waste of time, what can you learn about them or about yourself by sharing this activity with them? Spend time on the building and deepening of the relationship. Take time to remember what drew you to this person. Try to spend more time focusing on what you like about them than what annoys you about them.

Ultimately you may not stay in a particular relationship but if you really throw yourself into it, it will help you grow. Always be true to yourself, you owe that to both you and your partner. If you find yourselves together at the end of the day allow yourselves to revel in this connection you have created together. May love feed you, always. By Lluvia Lawyer-Aby

FIRST AID KIT FOR WHEN "LIFE FEELS LIKE ITS FALLING APART"

When life is easy things are easy when life is hard things seem hard.

Life is one of the greatest paradoxes...The question here is how can we get out of the spiral of "all bad"? How can we help ourselves get out of there?

We all have had periods in our life when all seems lost or when our current situation felt like it would go on for a long long time, where we all have suffered.

Whether its physical, family, financial, health, relationships, vehicles, spiritual, mental...etc we have all experienced that sense of a lack of optimism. Almost feels like a black hole. We can all get out of this hole with a few lifestyle changes involving body, mind and spirit.

How do we do it? How can we translate the tools into a source more accessible when we feel like were in that " hole"

? When we are injured we all have a first aid kit to go to so let this article provide a little mindfulness of just this--a mental first-aid kit.

1) Feel your feelings: If you're a highly sensitive person, like me, your likely very aware of your emotions. Emotions never leave out side and remind us of what state we are currently in. Well, if that is the case, EMBRACE it. Be with your feelings. Sit down and welcome any emotion that needs to come forth, and feel it. We don't always have to understand and analyze. We don't always have to fix anything, just be with it and cradle it and treat it as if that emotion was a child. Be patient with yourself and most of all be gentle and kind. =)

2) Let People In: Being human in this day and age is not always an easy thing. ha-ha. Life can be hard but life can also be easy. Learn to talk to someone you trust. I did not say someone you know... but someone you trust. Remind the person you choose to talk to that all you need from them is to just listen. That is it. Then just let it all out. Having someone to just listen can take you a long way.

3) Remember you are not alone: Whatever you are experiencing or feeling at that moment, someone else is experiencing and feeling something similar if not the same. Yes we are all unique and special, but our emotions are not. You did not invent the feeling your experiencing right now. The trigger may be different but the emotion is very similar so know you are not alone!

4) Write it out: The mind has a nasty habit of getting stuck on repeat. Grab a pen and paper or keyboard and just write. Let it all out. Do not censor yourself or criticize your grammar. Take the moment to dump it all out.

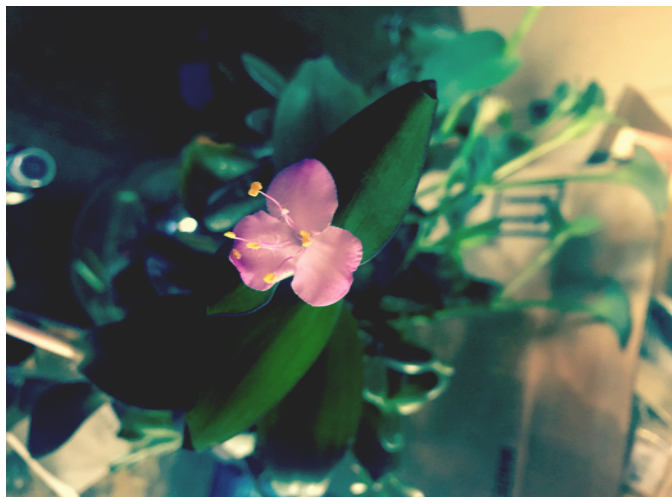
5) Move outdoors: Nature has magical healing abilities. Tap into something that is beyond what your mind can comprehend. We do not need to understand it. Just sit down by the water, lean on a tree, or feel the wind on your face. Trust that this is healing you. If you can move your body while tapping into this wisdom of nature, do this too.

6) Remember that maybe you are not dying. Our mind sometimes had a tendency to exaggerate, just a little bit. Ask yourself, are you in danger right now? Is your life about to end at this moment or is this just an emotion you're experiencing.

Are you breathing? Is your heart beating? Are you're two feet grounded on earth? If these 3 things are checked off than essentially your all good. YOU ARE OKAY=)! Your mind might be telling you a false drama about something that is not really playing out right now, at this very moment. Maybe things are not going the way we "expected" or wanted. Calm down and just check your breathing, heart and where your 2 feet are. Be with the present and rest there for a while.

7) Remember that this too will change. Being alive is accepting change as a constant. "Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the present without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't)." --James Baraz

Know that whatever you are going through right now, it will change, It might not all be good and fine



***tomorrow, but it will be different, if only just slightly.
Things will change.*** By Roxanne Sanchez -

In moving to the mountains

I recently moved up here to Ojo Sarco. Born and raised in a city, then finally completely transplanted to a high mountain range amidst several rural communities. I feel finally at home. I have received a warm welcome and so much care from the people in the communities surrounding me. There is a certain reality up here that you don't find in cities. There is no judgement-- equality comes from the common need for good food, clean air and water, shelter and community.

When you look to the distant mountain ranges you see big colorful expanses. Up close it turns out that these ranges are composed of a myriad of treasures. Go for a walk and you can find anything here from old temporary tattoos to creative geniuses. Not to mention the rainbow of stones and pebbles that look like gems.

This is a place where people think all around the box... then compost it. Here dreams are malleable, creativity abounds, intuition can be put into matter.

by Jade Weissleader (Carnelian Center board member)

Jade's Tune Up

Hello. It's that time of year again. Many of us are questioning the reality of our new year's resolutions. We are almost through the first months of 2018 and for some reason the new year brings with it the desire to improve one's health, get back on track, and tackle the things that we feel have been holding us back over the past year. But lets face it, the holidays are over and the magic that comes with them has receded to the background as we resume our hectic schedules.

DON'T BE DISCOURAGED! When it comes to your health and wellness the good news is that we can achieve our goals simply through small steps. In fact in the long run people have greater success at health and wellness by choosing small, realistic steps. There are plenty of approaches out there but the important thing is for each individual to choose the steps that apply to their situation.

Here are some guidelines for finding what works for you:

1. Identify your goal. eg. Pain management, weight loss, etc.
2. Choose two simple activities that support your goal. e.g. Walking 3 times a week, or a morning stretch routine.
3. Take the time to really establish those steps. e.g. Find a place you enjoy walking and work towards your 3 times weekly. Or find a source to learn simple stretching techniques from.
4. Don't beat yourself up! Lifestyle changes take time and the really small ones make big ripples. Establish one or two steps, and make them a habit. Then you can begin the process again with your next two steps.

If you are not sure what your goal is or how to reach it, that can be simplified too. I like to think of the body as a little like my car. If your car is not running right you generally start with the obvious. Like, is it getting the right fuel? (food/water) Or are the bearings, tie-rods, and CV joints tight? (joint health) does it need an oil change? (detox).

When in doubt find a professional. A yoga class can teach simple techniques that produce lasting effects. You can continue if you love it, or just pick up a few things that work for you. One of my personal favorites is Tai Chi. It's great as a gentle joint strengthener, its low impact and fun. Tai Chi standing can be done for as little as one minute a day. You feel like you did nothing but your wellness improves drastically. It is also a great exercise for people who have joint pain or arthritis because it is so slow.

Carnelian Center Therapist

Hi, this is Dixon native, Maria Chilton. I continue to offer Therapeutic Massage here at The Carnelian Center, The Embudo Valley's own venue for Holistic Healing. My work is intuitively based whole body massage. I combine a variety of modalities including Swedish, deep tissue, hot stone massage, Polarity Therapy, Reiki and Cranio-Sacral unwinding technique.

Also available for enhancing treatments or for purchase are my own hand crafted herb infused oils, balms and salves; and pure essential oils (by doTerra.)

For rates or scheduling contact:(505) 579-4321 or mariachilton@hotmail.com

Sliding scale rates are available for low-income persons, made possible by The Carnelian Center's affordable holistic health care program; supported by the generous members of our own community!

**note, I will be away from Feb 20 through April 1*

So keep your chin up and don't forget to reward yourself as you go. Get a massage or visit some hot-springs, but most of all enjoy the process!



Carnelian Center Practitioner list

Lluvia Lawyer Aby (License #1902) Massage therapist and Core Synchronism blended to meet your needs.

Infants through end of life. **Contact:** 505-689-2641

Sarah Grant (License #1038) practices Japanese style Acupuncture

Contact:505-992-1963 or

sarahg@farmersmarketsnm.org

Cathy J. Robison, (License #6599) is a licensed massage therapist who offers anatomy based therapeutic massage for health. **Contact:** 505-670-6124

Maria Chilton (License #1830) Massage Therapist since 1995 including hot stone massage also the owner and operator of *Little River Remedies*, a small herbal apothecary.

Contact:(505) 579-4321 or

mariachilton@hotmail.com

Rodrick Oknick, Acutonics® Meridians stimulated with tuning forks and other sounds

Contact:(575)613-3245 or rodrickkok@hotmail.com

Elizabeth (Liza) Carson (License #2206) Massage Therapist since 1995, comprehensive understanding of human anatomy. Her specialties include, Lomi Lomi (traditional Hawaiian Massage and Prenatal Massage. **Contact:**505-579-9131

Valerie Gonzales specializes in deep tissue massage also experience in prenatal massage, geriatric massage and Swedish massage. My goals are to help my family and community live healthier lives. **Contact:** (505)692-3565

JoAnne Dodgson has over 30 years experience as a teacher, healer and published author. She holds a doctorate in Counseling Psychology with a specialty in Holistic Health. She offers spiritual counseling and guidance in times of transition. Among her influences is Ka Ta See, a tradition from the eastern Andes. **Contact** (505) 579-0074 email: joanne@joannedodgson.com or www.joannedodgson.com.

Disclaimer:The ideas and opinions expressed in this newsletter are not necessarily the opinions of anyone in particular. These articles are for entertainment purposes and we hope you enjoy.

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